



GAME RULES



3-LEGGED RACE

STOCKTON COMMUNITY GAMES

3-Legged Race – Team Event

Rules: Co-Ed Team of Two

- a) Stand shoulder to shoulder with your partner.
- b) Tie a length of fabric or rope around your ankles.
- c) When your competitors are ready as well, the referee will blow the whistle or say GO and you and your partner run as fast as you can to the finish line.
- d) This game will be completed in heats, timed or all at once, with the top team advancing.
- e) The race length will be 40 yards running from point a to point b.
- f) May be adjusted for program needs.

To Win: You and your partner must be the fastest team to cross the finish line to represent your community at the Stockton Community Games Final.

Age Groups: 3 - Youth (age 7-13), Adults (14 and older), and Youth/Adult Team

Qualifying Teams Per Community: 3 - First Place per Age Group will qualify

Maximum Qualifying Participants Per Community: 6 - (3 youth and 3 adult)



Dash & Run - 40-yard dash – Individual Event

Rules: Individual Event

- a) The race is a 40-yard dash.
- b) When you are ready, the referee will blow the whistle or say GO and you then run as fast as you can to the finish line.
- c) Completed in timed heats of 4 to 6 people or individually timed with the top person (fastest time) advancing.
- d) This race will be on grass.
- e) May be adjusted for program needs.

To Win: Be the person with the fastest time to cross the finish line to represent your community at the Stockton Community Games Final.

Age Groups: 2 - Youth (age 7-13) and Adults (14 and older)

Qualifying Singles per Community: 4 - First Place per Gender and Age Group will qualify

Maximum Qualifying Participants Per Community: 4 - (2 youth and 2 adult)



Basketball Free Throw Shooting – Individual Event

Rules: Individual Event

- a) The players will be lined up and sit in chairs waiting their turn.
- b) Each player will shoot 2 rounds of 10 free throws. After the first-round players will return to their seats. Once all participants complete the first round, the participants will then complete their 2nd round of 10 free throws.
- c) If after 2 rounds, players are tied with the most free throws made, a 10-shot shoot-off will occur. If players are still tied after the shoot-off, a 5-shot shoot-off will continue until a winner is determined with the most free throws made.
- d) May be adjusted for program needs.

To Win: Make the most free throws in your division to represent your community at the Stockton Community Games Final.

Age Groups: 2 - Youth (age 7-13) and Adults (14 and older)

Qualifying Singles per Community: 4 - First Place per Gender and Age Group will qualify

Maximum Qualifying Participants Per Community: 4 - (2 youth and 2 adult)



Spin & Jump - Bat Spin / Jump Rope Relay – Team Event

Rules: Co-Ed Team of Four

- a) Find three other fun-loving people to complete a team of four.
- b) This game will be timed heats for the fastest time.
- c) Place two cones on the ground separated by 10 yards. (These will be the starting points for the teams. This will also be the finish line).
- d) Place a whiffle ball bat and a jump rope 20 yards away from the starting cones. Do the same for each team.
- e) When teams are ready, the referee will blow the whistle or say GO and one person from each team runs to the whiffle ball bat.
- f) The person then puts the handle end of the bat on their forehead and the other end on the ground then spins around the bat 5 times.
- g) The person then picks up the jump rope and jumps 3 times successfully.
- h) The person then runs back to the starting point. When the 1st person passes the starting line, the 2nd teammate completes the same process until all 4 teammates have completed the steps.
- i) May be adjusted for program needs.

To Win: Cross the start/finish line with the fastest time to represent your community at the Stockton Community Games Final.

Co-Ed Age Groups: 3 - Youth (age 7-13), Adult/Youth team (age 7-adult: 2 youth and 2 adults), and Adults (14 and older)

Qualifying Co-Ed Teams Per Community: 3 - First Place per Age Group will qualify

Maximum Qualifying Participants Per Community 12 - (6 youth and 6 adult)



Cornhole – Team Event

Rules: Team of Two

- a) "Traditional 21" game of the first team to reach or exceed 21 points win. Follow ACO rules - [Official Cornhole Rules by the ACO - American Cornhole Organization](#).
- b) Single game elimination tournament, winner advances each round.
- c) May be adjusted for program needs.

To Win: Be the last team without a loss to represent your community at the Stockton Community Games Final.

Age Groups: 3 - Youth (age 7-13), Adult/Youth team (ages 7-adult: 1 youth and 1 adult), and Adults (14 and older)

Qualifying Teams Per Community: 3 - First Place per Age Group will qualify

Maximum Qualifying Participants Per Community: 6 - (3 youth and 3 adults)



Football Throw - Football Accuracy Toss – Individual Event

Rules: Individual Event

- a) A target is established.
- b) The football is first placed a short distance away from the target.
- c) The participants line up a single file behind the football.
- d) Each participant throws the ball, one at a time. If the participant hits the target, then the participant goes to the back of the line. If the participant misses the target, that person is out of the game (unless no one hits the target from that distance).
- e) After everyone in the line takes their turn, the ball is then placed a further distance away in five-yard increments from the target.
- f) Repeat this process until only one person in the line throws and hits the target. If everyone in the line misses the target, then everyone gets another chance.
- g) May be adjusted for program needs.

To Win: Make the most accurate throws and be the last one standing to represent your community at the Stockton Community Games Final.

Age Groups: 2 - Youth (age 7-13) and Adults (14 and older)

Qualifying Singles per Community: 4 - First Place per Gender and Age Group will qualify

Maximum Qualifying Participants Per Community: 4 - (2 youth and 2 adult)



Hula Hoop Endurance – Individual Event

Rules: Individual Event

- a) Every participant starts when the judge says go – may also be timed.
- b) Space must be given around each participant to ensure room to hula-hoop.
- c) The hoop must not touch hands or ground at any point.
- d) The last person left hula-hooping for the longest time is declared the winner and advances.
- e) May be adjusted for program needs.

To Win: Hula-Hoop the longest consecutive amount of time to represent your community at the Stockton Community Games Final.

Age Groups: 2 - Youth (age 7-13) and Adults (14 and older)

Qualifying Singles Per Community: 4 - First Place per Gender and Age Group will qualify.

Maximum Qualifying Participants Per Community: 4 - (2 youth and 2 adult)



Pickleball – Team Event

Rules: Team of Two

- a) Regular game format of the first team to reach 11 points but must be up by 2 points to win. Follow USA Pickleball rules - [USA-Pickleball-Official-Rulebook- 2024-v1.pdf \(usapickleball.org\)](#).
- b) Single elimination tournament, winner advances each round.
- c) May be adjusted for program needs.

To Win: Be the last team without a loss to represent your community at the Stockton Community Games Final.

Age Groups: 3 - Youth (age 7-13), Adult/Youth team (age 7-adult: 1 youth and 1 adult), and Adults (14 and older)

Qualifying Teams Per Community: 3 - First Place per Age Group will qualify

Maximum Qualifying Participants Per Community: 6 - (3 youth and 3 adults)



Soccer Slam - Soccer Accuracy Kick – Individual Event

Rules: Individual Event

- a) A goal or target is established.
- b) The ball is first placed a short distance away from the goal.
- c) The participants line up a single file behind the ball.
- d) Each participant kicks the ball, one at a time. If the participant makes the shot, then the participant goes to the back of the line. If the participant misses the goal, that person is out of the game (unless no one makes the shot from that distance).
- e) After everyone in the line takes their turn, the ball is then placed a further distance away in five-yard increments from the goal.
- f) Repeat this process until only one person in the line makes the shot. If everyone in the line misses the goal, then everyone gets another chance.
- g) May be adjusted for program needs.

To Win: Make the longest accurate kicks to represent your community at the Stockton Community Games Final.

Age Groups: 2 - Youth (age 7-13) and Adults (14 and older)

Qualifying Singles Per Community: 4- First Place per Gender and Age Group will qualify

Maximum Qualifying Participants Per Community: 4 - (2 youth and 2 adult)



Jenga Jam - Supersize Jenga – Team Event

Rules: Team of Two

- a) This game consists of 54 blocks stacked three wide 18 rows tall.
- b) To start the game one player on the team removes a block anywhere (Other than the top 3 rows - Includes partially built top row and 2 rows below) from the stack.
- c) That person who removed the block then places it on the top row.
- d) Adults are allowed only one hand to remove and place a block. Youth are allowed both hands to remove and place a block.
- e) Players and teams alternate this procedure until the tower collapses.
- f) Once the tower begins to collapse, no player shall not hinder its demise. (No one is allowed to stop the tower from falling once it starts to fall).
- g) Single elimination tournament, winner advances each round.
- h) May be adjusted for program needs.

To Win: Be on the team that is not pulling the block that collapses the tower. Be the last team without a loss to represent your community at the Stockton Community Games Final.

Age Groups: 3 - Youth (age 7-13), Adult/Youth team (age 7-adult: 1 youth, 1 adult), and Adults (14 and older).

Qualifying Singles Per Community: 6 - First Place per Age Group will qualify

Maximum Qualifying Participants Per Community: 6 - (3 youth and 3 adults)



Tug of War – Team Event

Rules: Co-Ed team of Six

NOTE: Teams must consist of at least three females. Teams could consist of four women and two men but not four men and two women.

- a) The rope will have a flag tied at the center.
- b) Three markers will be placed on the ground. One at the center and the other two 12 feet from the center marker – 24 feet apart.
- c) The game begins with the flag at the center marker.
- d) The teams must be separated by 24 feet centered on the middle ground marker.
- e) Single elimination tournament, winner advances each round.
- f) May be adjusted for program needs.

To Win: Pull the flag past your ground marker or stake. Be the last team without a loss to represent your community at the Stockton Community Games Final.

Co-Ed Age Groups: 2 - Youth (age 7-13) and Adults (14 and older)

Qualifying Co-Ed Teams Per Community: 2 - First Place per Age Group will qualify

Maximum Qualifying Participants Per Community: 12 - (6 youth and 6 adults)



Wiffleball HR Deby – Individual Event

Rules: Individual Event

- a) Use an approved wiffle ball bat - just your basic yellow bat – provided.
- b) The batter receives up to 10 pitches from a live pitcher.
- c) The batter has 7 swings. Every swing resulting in a home run or not counts as a swing.
- d) At the end of the 10 pitches OR 7 swings the batter's turn is up.
- e) Each ball hit over the fence or line on the ground is counted as a home run.
- f) For adults, the pitches can be thrown either overhand or underhand. For youth, the pitches can be thrown either overhand or underhand.
- g) There will be two rounds. All participants bat during the opening round.
- h) The top participants in each age/gender category advance to the finals.
- i) The finals consist of 7 swings (pick your pitches to swing at wisely).
- j) Tiebreaker rounds consist of 3 swings.
- k) There will be an adult and youth fence or line on the ground. The adult fence should be 90' to 100' from the plate and the youth fence should be 60' from the plate. Distance may be altered if no home runs are hit.
- l) May be adjusted for program needs.

To Win: Hit the most home runs to qualify to represent your community at the Stockton Community Games Final.

Age Groups: 2 - Youth (age 7-13) and Adults (14 and older)

Qualifying Singles Per Community: 4- First Place per Gender and Age Group will qualify

Maximum Qualifying Participants Per Community: 4 - (2 youth and 2 adult)